

Hooked on Health approaches these priorities through a campaign model designed to increase physical activity, improve nutritional choices, and reduce tobacco use and lower stress.

The campaign brings in motivational speakers and introduces wellness activities and incentives from community partners, such as reduced fees at health clubs and health screenings. Hooked on Health has modeled this program to community partners representing local businesses, hospitals, school systems, government and nonprofits.

The success of the campaign in its first year shows that an investment in healthy choices makes an important impact. After just 8 months, the wellness campaign teams reported: 1,029 pounds lost, 13 improved lipid profiles, 21 hypertensive employees met blood pressure goals, four diabetics improved Hg A1C (a glucose control measure), one smoker quit and two decreased, and 88 percent are still engaged.

Jim Pericaud, a Public Health employee who participated in the Hooked on Health campaign, reported, "I started riding my bike to work last July. I ride to work 2 to 3 days a week. My wife has encouraged healthy eating by preparing meals of lean meats, fish and vegetables. I also do weight training. I have lost 15 pounds since July and I feel great!"

I appreciate the opportunity to discuss the challenges facing our country's overall health and to highlight the solutions promoted through Hooked on Health in southwest Georgia as a model for employers, school systems and community groups across the country.

#### TRIBUTE TO THE SHARE AND CARE FOUNDATION

#### HON. FRANK PALLONE, JR.

OF NEW JERSEY

IN THE HOUSE OF REPRESENTATIVES

*Wednesday, December 6, 2006*

Mr. PALLONE. Mr. Speaker, I want to thank the Share and Care Foundation for their charitable work in India. Their annual gala was recently held at the New Jersey Performing Art Center in Newark, New Jersey on Saturday, November 4th. I was pleased to attend that evening. This event marked the kickoff of their forthcoming Silver Jubilee of helping the challenged, especially women and children, in the fields of education, improving healthcare and social uplifting. They have also worked in emergency situations like earthquakes, floods, the tsunami, and September 11, etc. The majority of their work is carried out by volunteers who are professionals or entrepreneurs.

Mr. Speaker, I would like to specially commend Dr. Ketki Shah who has been closely involved with the Share and Care Foundation. Dr. Shah, a Diplomate, American Board of Psychiatry and Neurology, is an experienced Psychiatrist with specializations in Psychopharmacology and Addiction Psychiatry. She is a low keyed humanitarian with the sole purpose of helping people who need help. She attended a global women's conference in Geneva to promote peace in the world. Her work including field visits during emergencies like earthquakes and the 2004 tsunami are remarkable. Her work as a chairperson of the medical committee is directly correlated with over ten million dollars of med-

ical equipment and medical supplies that have been sent to India. This has generated tremendous benefit, especially for the people who are challenged and need our attention. She has demonstrated that excess and unuseful resources of one society can be diverted for the betterment of another society.

Dr. Ketki Shah's selfless work has earned the goodwill of many, especially those who are also involved in humanitarian work. This year, humanitarian Shabana Azmi and her husband Javed Akhtar appeared on stage in a riveting performance that highlighted the career of Shabana's father, a renowned poet and a freedom fighter. Shabana Azmi, leading star of Indian Cinema, is an outstanding social activist, a passionate advocate of human rights, and a prominent humanitarian. Her work in each of the areas has been exceptional and has earned her a long list of awards, recognitions and medals including Padma Shri, one of the prestigious recognitions in India.

She was one of the sixteen women to whom tributes were paid by President Mitterrand of France in 1989 on Bicentenary celebrations of International Human Rights. In 1993, she was invited to Cape Town to present "The News maker of the year award" to President Nelson Mandela. She has been appointed the United Nations Goodwill Ambassador on Population and Development. She was selected to Rajya Sabha by the President of India. On October 26, 2006, she was the first Indian to receive a prestigious Gandhi Peace award presented at the House of Commons, London. Previous recipients of this award include Nobel Laureates: Honorable Dalai Lama and Archbishop Desmond Tutu.

She had lead march of 4 days for communal harmony from Delhi to Meerut. Her heart goes to the economically challenged for whom she undertook a 5 day hunger strike and as a Chairman of Nivara Hakk, she has managed to get alternative land for slum dwellers. Her struggle for the poor in India has now resulted in the construction of 30,000 homes under a tripartite agreement among charities, a private builder and the Maharashtra government.

She has also addressed several Universities in the USA, such as Harvard, Columbia, Berkeley, and MIT, for the need to relate communal harmony to issues of social justices.

Shabana thrived and expanded the project "Mijwan Welfare Society" started by her father in Mijwan, a small "challenged village" in Uttar Pradesh, India where emphasis is placed on education and empowerment of women. We are extremely pleased to join hands with Shabana in this project to make a difference in one of the poorest regions with a very high infant mortality rate and birth rates, low female literacy and near absence of health and sanitation facilities. They have started 2 computer training schools, training center and "Sewa"; embroidery projects for women.

Shabana's accomplishments are countless and extremely commendable, however, her dedication to humanity is what makes her a special individual.

Mr. Speaker, Shabana Azmi, Javed Akhtar and Dr. Ketki Shah are all very special individuals who have made a remarkable difference in the global community. Together they have realized the benefits of volunteerism and self-help.

INDIA PLAYS THE VICTIM TO COVER UP ITS TERRORIST RECORD

#### HON. EDOLPHUS TOWNS

OF NEW YORK

IN THE HOUSE OF REPRESENTATIVES

*Wednesday, December 6, 2006*

Mr. TOWNS. Mr. Speaker, last month, Indian Prime Minister Manmohan Singh publicly stated that India is the victim of cross-border terror. The Council of Khalistan under the leadership of Dr. Gurmit Singh Aulakh wrote to Prime Minister Singh and reminded him that India has been sponsoring cross-border terrorism in Sindh, a province of Pakistan, as the Washington Times reported on January 2, 2002 and that according to India Today, which is the leading news magazine in India, the Indian government created the Liberation Tigers of Tamil Eelam, which the U.S. government has identified as a terrorist organization.

It has also sponsored domestic terrorism against the minorities within its borders, including murdering a quarter of a million Sikhs and holding another 52,000 as political prisoners; killing Muslims by the tens of thousands in Kashmir, where more than 90,000 have been killed, Gujarat, where between 2,000 and 5,000 died in a massacre pre-planned by the government, and elsewhere; killing Christians throughout the country, including over 300,000 just in Nagaland; and mass killing many other minorities. Yet India proclaims itself the victim of terrorism and proclaims itself a democracy. Well, Mr. Speaker, it certainly doesn't act that way.

The repression and terrorism must be stopped. We should end all aid and trade with India until such time as the repression ends and people enjoy the most basic human rights, and we should throw our full support behind self-determination in Punjab, Khalistan, in Kashmir, in Nagalim, and wherever people are trying to be free. The essence of democracy is the right to self-determination. In addition, we should designate India a terrorist state and impose the sanctions that that designation brings.

Mr. Speaker, I would like to insert the Council of Khalistan's open letter into the RECORD. It is a frightening record of Indian terrorism.

INDIA IS A TERRORIST STATE, NOT A VICTIM

DEAR PRIME MINISTER SINGH: On October 4, you said that India is a victim of cross-border terrorism. India is a terrorist state itself and should be subject to the penalties that are imposed on terrorist states.

On January 2, 2002, the Washington Times reported that India is supporting cross-border terrorism in Sindh, a province of Pakistan, the very same kind of thing that Prime Minister Singh was claiming is victimizing India. In addition, India's leading newsmagazine, India Today, reported that the Indian government created the Liberation Tigers of Tamil Eelam (LTTE), identified by the U.S. government as a terrorist organization, and its leaders were put up by the Indian government in the finest hotel in Delhi. How can you blame Pakistan when India started cross-border terrorism with its own actions?

The Indian government has committed terrorism against its own minorities. It has murdered over 250,000 Sikh infants, children, youth, men, women, and elderly since 1984, as well as more than 300,000 Christians in Nagaland, over 90,000 Muslims in Kashmir, tens of thousands of Christians and Muslims throughout the country, and tens of thousands of Assamese, Bobos, Dalits, Manipuris,

Tamils, and other minorities. A report by the Movement Against State Repression (MASR) states that 52,268 Sikhs are being held as political prisoners in India without charge or trial, mostly under a repressive law known as the "Terrorist and Disruptive Activities Act" (TADA), which expired in 1995. Many have been in illegal custody since 1984! There has been no list published of those who were acquitted under TADA and those who are still rotting in Indian jails. Tens of thousands of other minorities are also being held as political prisoners, according to Amnesty International. Tell the families of these innocent Sikhs and others that there is no terrorism in India.

Indian police arrested human-rights activist Jaswant Singh Khalsa after he exposed their policy of mass cremation of Sikhs, in which over 50,000 Sikhs have been arrested, tortured, and murdered, then their bodies were declared unidentified and secretly cremated. Khalsa was murdered in police custody. His body was not given to his family. No one has been brought to justice for the kidnapping and murder of Jaswant Singh Khalsa. The only witness to the Khalsa kidnapping, Rajiv Singh Randhawa, has been repeatedly harassed by the police, including having been arrested for trying to hand a note to then-British Home Secretary Jack Straw. Last year, 35 Sikhs were charged and arrested in Punjab for making speeches in support of Khalistan and raising the Khalistani flag. How can making speeches and raising a flag be considered crimes in a democratic society?

The police never released the body of former Jathedar of the Takht Gurdev Singh Kaunke after SSP Swaran Singh Gholna murdered him. He has never been tried for the Jathedar Kaunke murder. In 1994, the U.S. State Department reported that the Indian government had paid over 41,000 cash bounties for killing Sikhs. The MASR report quotes the Punjab Civil Magistracy as writing "if we add up the figures of the last few years the number of innocent persons killed would run into lakhs (hundreds of thousands)." The Indian Supreme Court called the Indian government's murders of Sikhs "worse than a genocide."

Missionary Graham Staines was murdered along with his two sons, ages 8 and 10, by a mob of militant, fundamentalist Hindu nationalists who set fire to the jeep, surrounded it, and chanted "Victory to Hannuman," a Hindu god. Missionary Joseph Cooper was beaten so badly that he had to spend a week in an Indian hospital. Then the Indian government threw him out of the country. None of the people involved has been tried. The persons who have murdered priests, raped nuns, and burned Christian churches have not been charged or tried. Police broke up a Christian religious festival with gunfire. Recently, militant Hindus from the Bharatiya Janata Yuva (a youth movement affiliated with the BJP and the Fascist RSS) attacked the Convent of Loreto and the school there. A spokesman for the BJP, Mr. H. Dikshit, demanded an investigation of the school!

The murders of 2,000 to 5,000 Muslims in Gujarat have never been brought to trial. An Indian newspaper reported that the police were ordered not to get involved in that massacre, a frightening parallel to the Delhi massacre of Sikhs in 1984. The most important mosque in India, the Babri Mosque, was destroyed by militant Hindu fundamentalists who have never been held responsible for their actions.

It is good that you have admitted the guilt of the Indian government by for the Delhi massacres, in which over 20,000 Sikhs were killed, by apologizing for the massacres, but what good does it do the Sikh Nation? Where

are the apologies for the Golden Temple attack, the destruction of the Akal Takht, and the desecration of Darbal Sahib, and the other atrocities? Where is the compensation for the victims' families? That operation was yet another act of Indian domestic terrorism.

The Guru granted sovereignty to the Sikh Nation, saying "In Grieb Sikhin Ko Deon Patshahi." We must remind ourselves of our heritage by raising slogans of "Khalistan Zindabad" and beginning a Shantmai Morcha to liberate our homeland, Khalistan. Whoever is honest and dedicated in leading that Shantmai Morcha deserves our support. Every morning and evening we recite, "Raj Kare Ga Khalsa." Now is the time to act on it. Do we mean what we say every morning and evening?

The flame of freedom continues to burn brightly in the heart of the Sikh Nation. No force can suppress it. Recently, Dal Khalsa and the Shiromani Khalsa Dal announced that they are uniting for sovereignty for Khalistan. This was met with chants of "Khalistan Zindabad." The Punjab Legislative Assembly proclaimed the sovereignty of Punjab when it cancelled the water agreements. Only by liberating Khalistan can we put an end to the repression and terrorism against the Sikh Nation by the Indian regime. Now is the time to rededicate ourselves to the liberation of Khalistan.

Last year, Sikh farmers were expelled from Uttaranchal Pradesh and their land was seized. They were beaten up by the police. Their homes were bulldozed by paratroopers. Their homes in many cases were built using their life savings and by their own hands. We condemn this act of state terrorism by the government of Uttaranchal Pradesh. As you know, Sikhs are prohibited from buying land in Rajasthan and Himachal Pradesh. Now Uttaranchal Pradesh joins that list. Yet there are no restrictions on land ownership in Punjab by non-Sikhs. People from anywhere can buy land in Punjab, including people from Rajasthan and Himachal Pradesh. India is trying to subvert Khalistan's independence by overrunning Punjab with non-Sikhs while keeping Sikhs from escaping the brutal repression in Punjab. It is incumbent on the Sikh diaspora to free Khalistan. We must redouble our efforts. That is the only way to keep these atrocities from continuing and to protect the Sikh Nation and the Sikh religion.

The Akali Dal conspired with the Indian government in 1984 to invade the Golden Temple to murder Sant Bhindranwale and 20,000 other Sikhs during June 1984 in Punjab. Among those who conspired with the government, according to Chakravayuh Web of Indian Secularism, were Dr. Chohan, Ganga Singh Dhillon, and Didar Singh Bains. It appears the Indian regime is even willing to arrest its own agents to suppress the movement for Khalistan! Now Badal and Chief Minister Amarinder Singh have been accusing each other of being tied in with "terrorists." These leaders view support for Khalistan as terrorism, as the Indian government does. They have shown where their loyalties lie. How will these so-called Sikh leaders account for themselves? Remember the words of former Jathedar of the Akal Takht Professor Darshan Singh: "If a Sikh is not a Khalistani, he is not a Sikh."

Sikhs will never get any justice from Delhi. Ever since independence, India has mistreated the Sikh Nation, starting with Patel's, memo calling Sikhs "a criminal tribe." What a shame for Home Minister Patel and the Indian government to issue this memorandum when the Sikh Nation gave over 80 percent of the sacrifices to free India. There is no place for Sikhs in supposedly secular, supposedly democratic

India. Our moment of freedom is closer than ever. Sikhs will continue to work to make certain that we shake ourselves loose from the yoke of Indian oppression and liberate our homeland, Khalistan, so that all Sikhs may have lives of prosperity, freedom, and dignity.

Sincerely,

DR. GURMIT SINGH AULAKH,

President,

Council of Khalistan.

## TRIBUTE TO REVEREND ANGELO D'AGOSTINO

HON. GEORGE MILLER

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Wednesday, December 6, 2006

Mr. GEORGE MILLER of California. Mr. Speaker, I rise today to pay tribute to Rev. Angelo D'Agostino, a hero and a pioneer in the fight against AIDS in Africa.

I was deeply saddened when I heard news of Father D'Agostino's death. I met Father D'Agostino on my trip to Kenya in 2000 and I became a firm believer in his AIDS orphans and families programs.

He was a friend and a champion in the fight against AIDS. Constantly fighting the small battles on the front lines of the war against AIDS, he was responsible for improving the lives of many young Kenyans devastated by the scourge of AIDS.

Father D'Agostino, a Jesuit priest, was sent to Kenya to coordinate the refugee work of the Jesuits. Through his work, he was exposed to the AIDS-affected population of the country. All over Kenya, children were orphaned as AIDS claimed the lives of their parents; leaving the children alone, abandoned and in many cases HIV positive. He was deeply disturbed by the devastating effect of the disease on children and the community and knew that helping these children and families was his mission. Father D'Agostino dedicated his life to making a better life for those suffering the devastating effects of the horrible disease.

He founded the Nyumbani Orphanage with three children in 1992 and expanded it into a community for children and adults alike. The Nyumbani organization is also involved in community-based programs such as Leo Toto (meaning to raise a child), which are set up to provide outreach services to HIV-positive children and their families in the Nairobi area. His tireless efforts to better the lives of those touched by AIDS were widely successful.

Father D'Agostino believed that every individual had a right to an education. He successfully sued the Kenyan Government, forcing them to repeal a law banning HIV positive children from public schools.

Under Father D'Agostino's leadership, Nyumbani became the first place in Africa to import hugely discounted AIDS drugs. It also has the most advanced blood diagnostic laboratory in Kenya.

Father D'Agostino was truly a hero and a pioneer in the fight against the scourge of AIDS. He believed that every HIV positive and AIDS-inflicted child and family, no matter how poor or meager their existence, deserved the chance to live a better life. He was a model for those who wish to dedicate themselves to improving the lives of others. I admire his work and commitment in serving children marginalized by society. He will be missed.